

St. Helen's Shadow Study Club

Hygiene Program 2023-2024



Tricks of the Trade





September

5:30pm Tuesday
September 26, 2023
DoubleTree Hotel
12712 SE 2nd Circle
Vancouver, WA 98684

Lauralee Nygaard, DDS, MS, PS

A Treatment Planning Workshop for Hygienists: Coaching Periodontal Patients in Oral Rehabilitation

Lecture up to 2 hours

Livestream Event

Periodontics, AGD Subject Code 490

Dental hygienists play an important role on dental teams in building relationships with patients. Those relationships establish trust and provide opportunity to educate, encourage and motivate the behavior change necessary to achieve oral systemic health and smile rehabilitation. To best educate and inform, it is important for hygienists to have knowledge of medical history, periodontal treatment, periodontal recall, restorative options for occlusal rehabilitation, and informed consent for tooth replacement. Dr Nygaard will introduce a challenging case for participating hygienists to consider possible treatment options. They will be able to think about ways to restore periodontal health, enhance chewing function and the patient's smile, and develop an ideal plan to increase longevity. Dr Nygaard will share the completed treatment and the impact of this case as an example of the life changing dentistry dental teams create every day!

Upon completion of this session, attendees should be able to:

- Identify clinic parameters that dictate non-surgical vs surgical periodontal therapy.
- Effectively inform patients about tooth replacement options for missing teeth.
- Identify ways to keep patients motivated to continue in recall for the long haul to achieve oral systemic health and reconstructive success.



Born and raised in Calgary, Alberta, Canada, Dr Lauralee Nygaard received her undergraduate degree from Pacific Union College, Angwin, California, in 1988. After receiving her DDS from Loma Linda University in 1992, Dr Nygaard studied three additional years at Loma Linda, where she received her master's degree and post-graduate certificate in periodontics. While completing her post-graduate studies, Dr Nygaard served as a professor in the undergraduate periodontics department at Loma Linda. In July of 1995, Dr Nygaard established her private practice limited to periodontics in the Spokane Valley. She is board certified by the American Board of Periodontology, and is a fellow of the International Society of Periodontal Plastic Surgeons and the American College of Dentists. Dr Nygaard has lectured at numerous state, regional and national meetings, sharing her experience and knowledge.

Dr Lauralee Nygaard does not have any current or past affiliations to disclose.

December

6pm Thursday
December 14, 2023
VOSG Meeting Room
300 SE 120th Avenue,
Suite 800 Vancouver,
WA 98683



Megan Van Noy is an orofacial myofunctional therapist, and owner and founder of NW Myofunctional Therapy, a fully integrated online organization comprised of a network of multi-faceted practitioners addressing the increasing growth, sleep, and airway concerns in our communities.



Facilitated by Edwin Leung for Doctors and Hygienists

Round-robin discussion with Joseph (Britt) Jura, MD; Megan Van Noy, RDH; and Julie Jang, DDS

Sleep Apnea – What Are Factors, What to Look For and When to Refer

Live In-Person Event

Lectures up to 3 hours

Sleep Apnea and Appliance Therapy, AGD Subject Code 160

Sleep apnea is a common disease that may present initially in your dental practice. This talk will review some of the common presentations of sleep apnea, reasons to refer to a sleep doctor, and the testing options for patients you refer.

Upon completion of this session, attendees should be able to:

- Recognize the pathophysiology of obstructive sleep apnea.
- Identify the typical symptoms and anatomic changes in sleep apnea.
- Assess when to refer for sleep testing or evaluation.
- Review the current testing options for sleep apnea.
- Explore how myofunctional therapy can help improve oral motor dysfunction and how it relates to sleep breathing disorders.

Dr Joseph (Britt) Jura received his undergraduate and medical degrees from the University of Missouri-Kansas City and he completed an internal medicine residency at the University of Kansas, as well as earned a pulmonary, critical care and sleep fellowship at the Medical College of Georgia. He is currently employed in the pulmonary and sleep departments at The Vancouver Clinic, and also serve as a clinical assistant professor at the WSU/Elson S Floyd College of Medicine.



Dr Julie Jang received her doctor of dental surgery (DDS) degree in 2002 from the University of Detroit Mercy School of Dentistry. After graduation, she went on to work as a full-time academic professor for four years at this prestigious dental school before transitioning to clinical private practice for over two decades. She has expanded her practice and education into the study and care of sleep apnea patients. Drd Julie is an active member of American Academy of Dental Sleep Medicine (AADSM) and is a diplomat of the American Board of Dental Sleep Medicine.

January

7:30am Friday
January 19, 2024
Heathman Lodge
7801 NE Greenwood Dr
Vancouver, WA 98662

Thomas Viola, RPh, CCP

The *Compleat* Phantom of The Opera-tory: A *Compleat* Pharmacology Update for The Whole Dental Team!

Live In-Person Course

Lecture up to 6 hours

Anesthesia and Pain Management, AGD Subject Code 340

The challenge faced by all clinicians today is to provide safe and effective dental treatment and achieve positive outcomes while avoiding medical complications. It is imperative all dental practitioners are equally aware of the medical considerations of agents commonly used in the practice of dentistry. This program will present a dental pharmacology update for the whole team. Special emphasis will be given to those medications prescribed or administered in the practice of dentistry whose actions, effects or interactions with other drugs may impact the treatment of systemic disease.

Upon completion of this session, attendees should be able to:

- Describe the pharmacology of opioid and non-opioid analgesics used in the management of acute dental pain, including best practices for prescribing and proper storage and disposal of unused dosages.
- Describe techniques useful in identifying potential opioid addiction and current protocols for its treatment.
- Discuss local anesthetic agents with respect to their mechanism of action, adverse effects and contraindications.
- Explain the rationale for the use of vasoconstrictors and potential adverse effects.
- Examine the pharmacology of anti-infective agents commonly used in dentistry and their clinical considerations.
- Describe the pharmacology, mechanism of action, routes of administration, adverse effects and dental considerations of cannabis.



Thomas Viola, the founder of Pharmacology Declassified, is a board-certified pharmacist who also serves the profession of dentistry as a clinical educator, professional speaker, and published author. Tom is a member of the faculty of 16 dental professional degree programs and has received several awards for outstanding teacher of the year. Tom has presented hundreds of continuing education courses to dental professionals, nationally and internationally, in the areas of oral pharmacology and local anesthesia and is well-known for his regular contributions to several professional dental journals. Through his informative, humorous, and engaging live seminars and webinars, Tom has earned his reputation as the go-to specialist for making pharmacology practical and useful for all members of the dental team.

Thomas Viola does not have any current or past affiliations to disclose.

April

6pm Thursday
April 11th, 2024
DoubleTree Hotel
12712 SE 2nd Circle
Vancouver, WA 98684

Dave Chandra, DMD, PhD

The Essence of Oral Pathology: A Review of Oral Cancer and Oral Pre-Malignancy

Lecture up to 2.5 hours

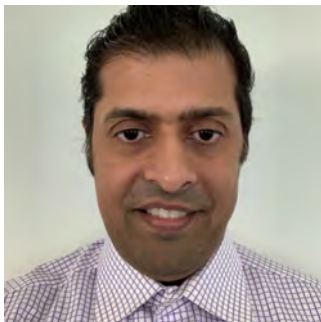
Live In-Person Course

Oral Medicine, Oral Diagnosis, Oral Pathology, AGD Subject Code 730

Early detection and diagnosis of oropharyngeal squamous cell carcinoma continue to be the most significant factors affecting the survival rate. This course will: discuss the clinical appearance of squamous cell carcinoma and of pre-malignant lesions (epithelial dysplasia); describe how to perform an effective oral cancer screening examination; describe known risk factors for squamous cell carcinoma including human papilloma virus; discuss how to harvest and submit biopsy specimens that will be of highest diagnostic value; explain the components of a pathology report including the microscopic features that result in a cancer (or precancer) diagnosis; and address current staging and management of head and neck squamous cell carcinoma.

Upon completion of this session, attendees should be able to:

- Perform an effective oral cancer screening examination.
- Identify soft tissue abnormalities that are suspicious for squamous cell carcinoma or epithelial dysplasia.
- Understand the significance of various risk factors for squamous cell carcinoma.
- Recognize how the quality of a biopsy specimen and information provided to the pathologist affects the accuracy of a microscopic diagnosis.
- Interpret a biopsy report and understand the microscopic features of squamous cell carcinoma and epithelial dysplasia.



Dr Dave Chandra is the director of oral pathology biopsy services at Oregon Health and Sciences University. He is board certified in oral and maxillofacial pathology. He teaches several pathology courses at OHSU School of Dentistry to dental students and residents. He received both his DMD and PhD degrees from the University of Pittsburgh (Pennsylvania) and completed his oral pathology residency training at Long Island Jewish Medical Center (New York).

Dr Dave Chandra does not have any commercial affiliations or conflicts of interest to disclose.



7:30 am Friday
May 17th, 2024
DoubleTree Hotel
12712 SE 2nd Circle
Vancouver, WA 98684

Mr Mike Stack

Dale Carnegie Practice Engagement Doctors and Hygienists

Live In-Person Course

Lecture up to 7 hours

Practice Management and Human Relations, AGD Subject Code 550

This program is formatted as three workshops led by Dale Carnegie trainer and speaker Mike Stack. These workshops include: “Disagree Agreeably,” “Developing Personal Leadership,” and “The Art of Storytelling.” These interactive workshops are intended to help participants tap into their potential and see that change is possible. These structured exercises help them create concrete steps leading to positive impact within themselves, their teams and their organizations. These positive shifts can make happier people at work and at home

Upon completion of this session, attendees should be able to:

- Identify personal hot buttons and their role in disagreements.
- Give others the benefit of the doubt.
- Moderate opinions to open up to potentially great ideas.
- Understand leadership and management and the related drivers for success.
- Describe leadership experiences and values.
- “Innerview” to open the lines of communication and build trust.
- Create a personal vision as a leader and manager.
- Identify how storytelling captures the attention of your audience.
- Enhance communication with memorable anecdotes and parables.
- Use stories that creatively deliver key messages and takeaways.
- Demonstrate storytelling skills that make an impact and prompt action.



Mike Stack is the owner of the Oregon & SW Washington Franchise of Dale Carnegie. He has been with Dale Carnegie for 38 years. For 110 years Dale Carnegie has been helping people Take Command of their job and lives. Dale Carnegie is a non-technical training company that specializes in soft-skill development where sessions are fast-paced, interactive, thought-provoking, and skill-building.

Mike Stack is the owner of the Oregon & SW Washington Franchise of Dale Carnegie.

SEATTLE STUDY CLUB®
2023-2024



Tricks of the Trade

Team Program

2023-2024

OPTIONAL PROGRAMMING TO BE DONE AT YOUR LEISURE

Gordon Chee, DDS

Recorded
Session

Achieving Exceptional Dental Photography with Simple Workflows

Lecture up to 1 hour

Dental Photography, AGD Subject Code 138

Photography is an indispensable tool to optimize lab communication, assist with case presentation, and market your dental services. This program is intended to educate the dental team about how to take proper dental photography, both individually or in tandem with the dentist and/or other team members. During the session, attendees will learn proper camera settings for intraoral photography and patient portraiture. They will also learn techniques for proper retraction, angulation and shade matching.

Upon completion of this session, attendees should be able to:

- Understand predictable photography techniques to achieve high quality imagery in the dental office.
- Identify ways to leverage the use of dental photography to increase patient understanding of case presentations, resulting in higher case acceptance.



Dr Gordon Chee is a general dentist at Aesthetic Dental Studio, a boutique aesthetic dental practice in Calgary, Alberta, Canada, that focuses on aesthetic restorative dentistry, biomimetic dentistry, neuromuscular dentistry, and dental photography. He is a part time lecturer and a member of the advisory board for the Alberta Chapter of Seattle Study Club. He teaches his own dental photography mentorship programs through Kre8 Photography and speaks and trains on the topics of dental photography and anterior aesthetics for Elevate Dentistry and the Aurum Group. Dr Chee is a key opinion leader for Ivoclar and Curion (formerly Bisco Canada).

Dr Gordon Chee does not have any current or past affiliations to disclose.

Travis Campbell, DDS

Recorded
Session

Simplifying Dental Insurance Management

Lecture up to 1 hour

Practice Management and Human Relations, AGD Subject Code 550

Managing dental insurance claims can be frustrating and time consuming. The main challenges creating these frustrations are unnecessary and come from common myths surrounding insurance. These myths and misunderstandings are what drive offices to spend too much time fighting claims that can be easily approved with changes in documentation. This course will focus on understanding how to simplify the process, improve collections, and ultimately have happier patients who enjoy the more favorable reimbursements you can achieve for them.

Upon completion of this session, attendees should be able to:

- Understand how to avoid most insurance denials, especially on periodontal issues and crowns.
- Understand how to spend less time with claims and improve collections.



Dr Travis Campbell has been a practicing dentist since 2009, after graduating from Baylor University in Waco, Texas (2005) and then Baylor College of Dentistry in Dallas, Texas. He is now an author, trainer, speaker, contributor to various online dental communities, and dental coach and consultant. Ever an entrepreneur, he runs two offices as well as a training and coaching platform for dental teams. Having gained a reputation as a resource for other dentists in the complex area of dental insurance, Dr Campbell is often known as the dental insurance guy! From understanding insurance to developing strategies to accelerate practice growth, Dr Campbell delivers practical, actionable content that dentists and team members can use immediately. He dispels many of the myths and misinformation around today's dental insurance policies and explains how to navigate the complexities of being an exceptional dentist, business owner, and leader while still having a life outside of work.

Dr Travis Campbell does not have any current or past affiliations to disclose.

Bobbi Stanley, DDS, MAGD, DICOI, FLVI

Recorded
Session

Building Your 5 Star Service Practice

Lecture up to 1 hour

Practice Management and Human Relations, AGD Subject Code 550

Delivering excellent customer service begins with establishing a team culture that fosters an enduring commitment to delivering extraordinary patient care. In her presentation, Dr Stanley will share her years of experience in creating a harmonious office environment. This is a setting in which patients feel cared for as individuals and team members are engaged, collaborative and committed to providing 5-star service. She will also share her formula for creating and maintaining a synergistic team spirit.

Upon completion of this session, attendees should be able to:

- Identify ways to deliver 5-star service to separate their practices from the rest of the pack.
- Understand how to create a positive team culture that supports delivery of the highest quality overall patient care.
- Discover how to design an immersive new patient experience to meet business goals.



Dr Bobbi Stanley is in private practice with her husband, Dr Robert Stanley, in Cary, North Carolina. She is co-founder and senior instructor at Stanley Institute for Comprehensive Dentistry. As owner and principal dentist of one of the largest comprehensive dental practices in North Carolina, Dr Stanley's goal has been excellence in patient care through continuing education, the latest dental equipment and technology, and superior materials.

Dr Bobbi Stanley is owner of Stanley Institute.

Full Team

David Lee Hill, Jr., DDS

Recorded
Session

Medical Updates and How They Influence Treating Our Patients

Lecture up to 1 hour

Special Patient Care, AGD Subject Code 750

Dentistry is an ever-changing field, with the newest technologies and clinical information being introduced daily. This program will review systems/protocols that are currently used within the oral and maxillofacial surgery office and reexamine how these, in turn, affect patient care. Additionally, this session will review updates on pharmacology and various medical topics, including sleep apnea, hypertension, obesity, diabetes, drug use and more.

Upon completion of this session, attendees should be able to:

- Identify medical systems/protocols used within practice.
- Understand how various, underlying conditions may intersect to affect patient care.



Dr David Lee Hill, Jr., is a board-certified oral and maxillofacial surgeon based out of the Research Triangle Region who is passionate about providing patients with outstanding care. He has extensive experience with dental implant surgery and hard and soft tissue grafting procedures, and is dedicated to his clients' comfort and to achieving long-lasting solutions for their oral surgical needs. Prior to establishing his dental implant and oral surgery practice in Chapel Hill, North Carolina, Dr Hill completed a four-year residency training in oral and maxillofacial surgery at the University of North Carolina. He also completed a two-year general practice residency at the University of North Carolina Hospital and received his DDS from the West Virginia University School of Dentistry. He received his bachelor's of science in biology from West Virginia University.

Dr David Lee Hill, Jr., does not have any current or past affiliations to disclose.

Full Team

Wael Garine, DDS and Parag Kachalia, DDS

Recorded
Session

Connect: Leveraging Digital Technologies So You Can Focus on Patient Care

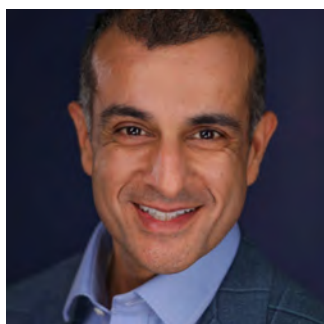
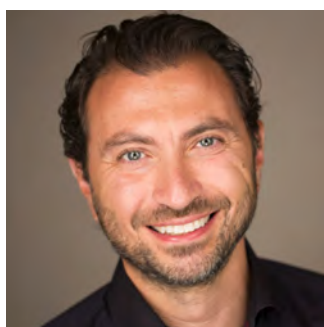
Lecture up to 1 hour

Practice Management and Human Relations, AGD Subject Code 550

Do you fear checking the office voicemail Monday morning or looking at your email inbox knowing patients are cancelling or rescheduling appointments? Do you have difficulty getting patients to complete their forms prior to the appointment? Do you hate having to remember which patients may need treatment when you are trying to fill the schedule? These, along with many others, are practice issues we confront daily. While there is no magic wand to make these issues disappear, you may be able to leverage technology to ease our workflows and get back to focusing on caring for patients. This program will focus on how technology can be leveraged today to create more office efficiencies. Drs Garine and Kachalia will discuss a host of technologies, ranging from bill pay via text message to artificial intelligence that can search every radiograph taken in the last 18 months and provide a report identifying patients that may benefit from scaling and root planing.

Upon completion of this session, attendees will be able to:

- Identify various technologies and services that can be utilized to optimize business efficiencies.
- Compare and contrast technology that can help patients understand their treatment more appropriately and gain greater treatment acceptance.



Dr Wael N. Garine is director of Seattle Study Club operations, director of the Seaside Study Club, a clinical assistant professor at the University of Rochester, NY, an adjunct clinical assistant professor at the University of Oklahoma, and maintains a private practice in Florida.

Dr Parag R. Kachalia is chief clinical officer for Seattle Study Club and maintains a private practice in San Ramon, California. He is also the former vice chair of simulation, technology, and research at the University of the Pacific. In 2021 he was selected as one of the 32 most influential people in dentistry.

Dr Wael Garine is the current director of operations for Seattle Study Club and receives financial support from Ivoclar, Nobel Biocare, 3M Oral Care, SprintRay and Straumann. Dr Parag Kachalia is chief clinical officer for Seattle Study Club and receives product and financial support from 3M Oral Care, Ivoclar, Exocad, Sprinray and VHF.

The Fine Print

Registration

These are virtual and live lecture, demo, and peer discussion programs suitable for all dentists, dental students, and business professionals regardless of prior experience who are members of this study club.

Register by contacting Carolyn Renfro
carolyn@vancouverosg.com | 360.260.3290

Please call with any cancellations at least 72 hours before the meeting.

Code of Conduct

We are committed to ensuring a safe and respectful meeting environment that is free of harassment, bullying, or offensive comments and/or behavior toward others. We expect all participants whether attending live or virtual sessions to abide by this Code of Conduct policy on all online platforms, or in venues at a meeting, including ancillary events and official and unofficial social gatherings.

- Exercise consideration and respect in your speech and actions.
- Refrain from demeaning, discriminatory, or harassing behavior and speech.

Substitutions

This brochure represents the speakers/programs established at the time of publication; however, speaker cancellations occasionally occur for reasons beyond our control. In the event of such an occurrence, speaker/program substitutions may be made without prior notice.

Disclaimer

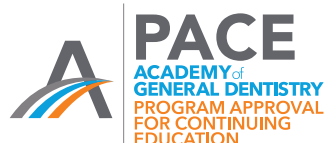
Some information or presentations may include controversial materials or commercial references. Seattle Study Club cautions all course participants that there is potential risk to using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence.

Electronic/Virtual Education

Participant feedback and interchange with instructors will be facilitated through e-mail and live Q&A for all sessions hosted by Seattle Study Club. For recorded sessions, directors will facilitate group discussion with club members.

Up to 26 Credits Available

(Of which 5 hours will be submitted by Seattle Study Club Inc and 21 will be submitted by St. Helen's Shadow Study Club.) This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club Inc (Nationally Approved) and St. Helen's Shadow Study Club (Locally Approved). Seattle Study Club Inc and St. Helen's Shadow Study Club are approved for awarding FAGD/MAGD credit. The current term of St. Helen's Shadow Study Club approval extends from 9/1/2022 to 8/31/2026. Provider ID# 215131



St. Helens Shadow Study Club
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9/1/2022-8/31/2026
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Tricks of the Trade

SEATTLE STUDY CLUB®

